

My wellness pledge:

I will **nourish** my body by

I will **move** my body by

I will **recharge** my body by

I will **thank** my body for

Wellness is for every body.
Wellness is for **me**.

Black History Month

Celebrate by sharing your **wellness pledge** with

#MYWELLNESSFIRST



I will **nourish**
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I will **move**
my body by:



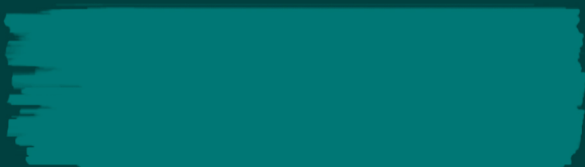
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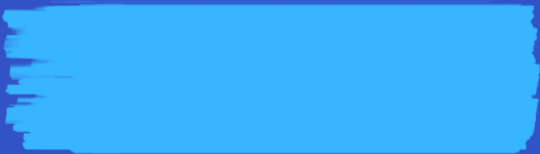
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celebrates **Black History Month**

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